



Michael R. Pence, Governor
State of Indiana

Division of Aging

MS 21, 402 W. WASHINGTON STREET, P.O. BOX 7083
INDIANAPOLIS, IN 46207-7083
TOLL FREE: 1-888-673-0002
FAX: 317-232-7867

**Division of Aging Update
August 22, 2016**

Don't Forget! Indiana No Wrong Door Plan Update Sessions

Indiana's Family and Social Service Administration is hosting three regional stakeholder meetings and one virtual session during August to share key components of the final No Wrong Door (NWD) planning grant.

NWD will improve consumers' experiences in learning about and accessing Long Term Services and Supports in the state. This is a great opportunity to learn about proposed steps to implement the NWD system and share your thoughts on the plan before its final submission to the federal Administration on Community Living.

Visit <https://goo.gl/119OX2> to register -- there's still time -- for one of the following four opportunities to hear about the NWD plan and let us know what you think:

Date	Location	Address	Time
8/22/2016	Allen County Public Library - Meeting Room C	900 Library Plaza, Fort Wayne, IN 46802	1:30 p.m. - 3:30 p.m. EDT
8/24/2016	SWIRCA & More Activity Center	16 W Virginia St., Evansville, IN 47710	12:30 p.m. - 2:30 p.m. CDT
8/25/2016	CICOA Aging & In-Home Solutions	4755 Kingsway Drive, #200, Indianapolis, IN 46205	9 a.m. – 11 a.m. EDT
8/23/2016	Webinar	https://goo.gl/By5Qyd	12 p.m. - 1p.m. EDT

The NWD final draft plan will also soon be available for review at <http://www.in.gov/fssa/da/4936.htm> so you can attend a session prepared with questions and feedback. Or please email us at NoWrongDoor@fssa.in.gov



How Older Adult Falls Impact Indiana

We've talked about Falls Prevention Awareness Day coming up on September 22 this year, which just happens to be the first day of fall. (See what the [National Council on Aging \(NCOA\)](#) did there? Coincidence? We think not.)

Many of you have activities planned around falls prevention for older adults. To help support your efforts, the Indiana State Department of Health Division of Trauma and Injury's recently published its first edition of [Preventing Injuries in Indiana, A Resource Guide 2016 Edition](#). This comprehensive guide includes data and information on the size and scope of specific injury problems in Indiana to guide appropriate interventions, and it contains a section on falls (pages 30-35) in older adults. A preview:

- Falls are the leading cause of injury-related ED visits, hospitalization and death for Hoosiers age 65 and older. In 2014, 335 older adults died from a fall-related injury, an 85.1 percent increase from 181 fall-related deaths in 1999.
- There were 4,150 fatal falls among older adults in Indiana from 1999 to 2014, for a rate of 31.9 fatal falls per 100,000 population for the 16-year period.
- The rate of fatal falls among older adults increased by 47.7 percent from 24.1 deaths per 100,000 population in 1999 to 35.6 per 100,000 in 2013.
- In 2014, there were nearly 35,000 fall-related ED visits among older adults and 67.9 percent of these visits were among women.
- On average, an older adult falls every 15 minutes resulting in a fall-related ED visit.
- More than 14 older adult women fall per day resulting in a fall-related hospitalization.
- In 2014, there were more than 5,700 hip fracture hospitalizations among older adults and 70.9 percent of these hospitalizations were among women.
- Fall fatalities among older adults result in \$52.2 million medical and work loss costs in 2013.

New Federal Regulations for Indiana's State Long-Term Care Ombudsman Programs

As you probably already know, the Older Americans Act authorizes and funds grants to states to provide numerous social, non-Medicaid HCBS, and advocacy services, including elder rights services and the Long-Term Care Ombudsman Program (LTCOP). The LTCOP advocates for residents of long-term care facilities such as skilled nursing facilities, licensed residential care facilities (board and care), licensed residential care facilities (assisted living), and certified adult family care homes.

New federal regulations became effective July 1, 2016, requiring our program to re-evaluate its operations, policies and practices as the LTCOP must be more independent from the agencies in which they are housed both in the local communities and at the state level. The Division of Aging's Karen Gilliland, State Director of the LTCOP, has been working toward compliance with the new guidelines by 1) updating [Rule 455 IAC 1.8](#), and 2) developing new policies, procedures, and standards for the program.

Philosopher's Corner

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." – Plato, c. 428 B.C. - 348 B.C.

See below. Discuss.

Regular Physical Exercise Could Lead to Higher Brain Volumes and Decreased Dementia Risk

UCLA researchers recently found an association between low physical activity and a higher risk for dementia in older individuals. They followed an older community-based cohort for the study and found that physical activity particularly affected the size of the hippocampus, the part of the brain that controls short-term memory. Researchers also discovered that the protective effect of regular physical activity against dementia was strongest in people ages 75 and older.

Lesson learned: one is never too old to physically exercise for brain health and stave off the risk for developing dementia. Read the article on the [News Medical](#) website.

Stay Informed

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